



## Tomato Basil Pasta

### **Serves six**

4 medium ripe tomatoes -- seeded and chopped  
1 large garlic clove – minced  
2 TBS of fresh chopped basil  
1/2 cup olive oil  
Salt & Pepper  
12 oz. of cooked pasta -- I used whole grain  
Parmesan cheese (optional)

Place the tomatoes, garlic, basil and olive oil in a bowl. Season with salt and pepper and mix gently.

Add the cooked pasta and toss until all the pasta is coated. Serve with Parmesan cheese if using. Enjoy!

**CALORIES 375.21; FAT 20.12 grs (sat 2.82; mono 13.31; poly 2.00); PROTEIN 8.02 grs ; FIBER 6.11 grs; CARBS 42.72 grs; CHOLESTEROL 1.46 mg; IRON 1.83 mg; SODIUM 417.36 mg; CALCIUM 25.83 mg**